



Wellbeing is about our thoughts, feelings, emotions and ability to react to life. A good sense of wellbeing is feeling ok and able to cope, even when life or situations are challenging.

At Burnside Wellbeing continues to remain at the heart of our provision and we understand that during these challenging times the Covid-19 pandemic has placed an enormous amount of pressure on families in many different ways. As a school we will want to continue to support you in whatever way we can.

The following members of staff are available to contact if you have any queries or concerns.

- Miss Jane Ramsay– Designated child protection / safeguarding officer
- Mrs Jill Williams – Designated child protection / safeguarding officer
- Mrs Corinna Burnip – SENDCO / ELSA trained
- Mrs Nasrin Akram – Mental Wellbeing Lead

There are some simple ways to help yourself manage your own well-being day to day in the form of 'five ways to well-being.'

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

This important message gives us permission to take time for ourselves and be in the moment and focusses on the positives. This is similar to mindfulness. If you can try to follow these 5 ways throughout your daily life, you will find it much easier to cope with stress.

The 5 Ways to Wellbeing



Burnside children can also follow the 5 ways to well-being. This will give them long lasting skills to grow with them through adulthood to hopefully reduce the risk of them developing mental health issues.

Sometimes our wellbeing is affected by things out of our control: illness, a stressful family situation or crisis. When our wellbeing is affected and we don't feel able to cope, this can lead to mental health concerns: sadness, depression and unhelpful thoughts that can stop us from enjoying and coping with daily life.

Mental health Illness

Mental illness is often invisible, but that doesn't mean it should be hidden. Statistics inform us that most people suffer from a mental health concern at some point in their lives and that one in ten young people struggle with their mental health. People with any illnesses, whether they affect our mental or physical health, deserve support, help and understanding.

Breaking the stigma

Understanding and responding to our mental health and wellbeing needs is something we believe in at Burnside Primary School. We aim to take away the stigma and negativity and help our pupils and families to talk openly and will ensure that our families are well supported, are provided with the help they require with the highest level of understanding.

In this section you will learn about the strategies we use in school with our pupils.

We endeavour to provide our pupils with many opportunities to talk about their feelings through:

- Drop in sessions led by Mental health lead
- Use of puppets in classrooms
- Worry Monsters in classrooms
- Zones of regulations
- Yoga and relaxation activities
- Mental health and wellbeing incorporated into PHSE and RSE curriculum
- Mental awareness days/ weeks
- Mindfulness activities
- Pupil and staff voice questionnaires
- Mental health training delivered to staff
- Mental health and Staff Wellbeing policies for all staff at Burnside.

In this section of our website you will find helpful advice, websites and contacts.

The following websites are designed for children and young adults.

Place2Be Charity An established children's mental health charity that works with pupils, families and staff in UK schools that provides mental health support in schools.

Young Minds_A website for children and young people. There are different sections offering information and advice on signs and symptoms, seeking help and looking after yourself. Some handy advice for parents too.

The following website has been vetted and approved by the NHS. We recommend that parents always look at and test out apps and games for themselves before introducing their children to them:

Positive Penguins_This is aimed at 8 - 12 year olds. This app helps children to understand their feelings and challenge negative thinking. Four positive penguins take children on a journey to help them better understand the relationship between what they think and what they feel.

The websites below are aimed at adults, dedicated to supporting Mental Health and Wellbeing. You will find lots of good advice and a series of free, downloadable books on a range of topics including anxiety, the workplace, stress, self-harm, mindfulness and exercise.

Mental Health Foundation

Mind - for better mental health

This website provides general support for families, young people and professionals and it has lots of information about the services in Northumberland, resources, links to other websites etc. **Be You website: Homepage | NHS Trailblazers** (beyounorthumberland.nhs.uk)

A charity campaigning and working in child protection. <https://www.nspcc.org.uk/>

A charity that cares for vulnerable children. <https://www.barnardos.org.uk/>

This website offers online counselling and support for children and young people. **Kooth**

Anxiety - No Panic

Helpline for young people who suffer from panic attacks, OCD, phobias, and other related anxiety disorders (call 0330 606 1174).

Bullying - Advice and support for dealing with bullying. **Bullying UK**

Depression - Includes information for children and young people on how to recognise the signs of depression. **Charlie Waller Memorial Trust**

Parental Conflict – Children’s mental health and wellbeing is at risk when there is frequent and intense levels of conflict at home. The Relationships Matter programme delivers FREE support to parents in Northumberland and helps parents improve their communication and solve problems, with the aim of reducing conflict witnessed by their children. **Relationships Matter**

Transition – When children change schools or change from one class to another it can be an unsettling experience. The following website includes information and practical tips to help support your child during these changes.

<https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/>

<https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/school-based-risk-factors/transitions/#>

Issues with your child’s sleep?

<https://thesleepcharity.org.uk/>

Domestic abuse - Are you suffering from harm from your partner or someone you know? This harm doesn't have to leave you bruises or marks.

<https://www.nationaldahelpline.org.uk/>

Northumberland Education Finding Pathways Enhancing Learning – Emotional Wellbeing & Behaviour Support Service (EWBS)